

### **Sweet & Salty Kombu Seaweed Popcorn**

Handful of popping corn - 2 Tbsp veg oil - 2 Tbsp melted butter - 1 Tbsp sesame seeds - 1 Tbsp sugar - 1 Tbsp dried seaweed - 1/2 Tsp Salt.

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Heat oil in large pan until hot. Add corn and put lid on pan. When all popped put popcorn into a large bowl and mix in the melted butter. Add all the dry ingredients and mix till all popcorn is coated - Serve.

### **Bread & Butter**

For the bread - 500g strong bread flour, plus extra for dusting - 7g dried fast action yeast - 2 tsp fine sea salt - 5 tbsp olive oil, plus extra for the tin and to serve - 1 tsp flaky sea salt - ¼ small bunch of rosemary, sprigs picked - 1 Tbsp dried seaweed - 1 Tbsp SeaGrown seasoning of your choice

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Tip the flour, seaweed and seasoning into a large **mixing bowl**. Mix the yeast into one side of the flour, and the fine salt into the other side. Then mix everything together, this initial separation prevents the salt from killing the yeast.

Make a well in the middle of the flour and add 2 tbsp oil and 350-400ml lukewarm water, adding it gradually until you have a slightly sticky dough (you may not need all the water). Sprinkle the work surface with flour and tip the dough onto it, scraping around the sides of the bowl. Knead for 5-10 mins until your dough is soft and less sticky. Put the dough into a clean bowl, cover with a tea towel and leave to prove for 1 hr until doubled in size.

Oil a rectangle, shallow tin (25 x 35cm). Tip the dough onto the work surface, then stretch it to fill the tin. Cover with a tea towel and leave to prove for another 35-45 mins.

Heat the oven to 220C/200C fan/gas 7. Press your fingers into the dough to make dimples. Mix together 1½ tbsp olive oil, 1 tbsp water and the flaky salt and drizzle over the bread. Push sprigs of rosemary into the dimples in the dough.

Bake for 20 mins until golden. Whilst the bread is still hot, drizzle over 1-2 tbsp olive oil. Cut into squares and serve warm or cold with extra olive oil, if you like.

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For the butter - Microwave a block of unsalted butter for 30 seconds and mix in 1 Tbsp of dried seaweed and 1 Tbsp of SeaGrown everyday seasoning - Roll in cling film and refrigerate or freeze until needed.

### **Seaweed Hummus & Snap Bread**

For the hummus - 2 tins of chickpeas, strained and boiled in fresh water for 15 mins - 2 Garlic cloves - Juice of 1 lemon - 4 Tbsp Tahini - 4 Tbsp virgin olive oil - 1 Tbsp of SeaGrown Piri-Piri seaweed seasoning - Salt to taste - cold water

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Put everything except the water into a food processor and blend till smooth. Slowly add some water until desired consistency is achieved.

For the snap bread - 400g Plain Flour - 250ml of water - 1/2 Tsp salt - Seaweed seasoning of your choice (I used the smokey Piri - Piri)

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Mix everything together in a food processor with a dough hook, or by hand to produce a smooth, not too sticky dough. Leave to rest for half hour then divide into large golf ball pieces. Pass each piece through a pasta machine until you have lots of thin strips. Cook in a pre heated oven (220) until browned and crisp.

### **Mackerel Pate**

4 large smoked mackerel fillets - 3 tablespoons butter - Juice of 1 lemon - 3 tablespoons Rum or Whisky - 4 tablespoons double cream - 1 dash Worcestershire sauce & Tabasco sauce - clarified butter - black pepper

Put the skinned and boned mackerel fillets in liquidiser with softened butter.

Add lemon juice, whisky and black pepper and whisk to a smooth paste.

Add cream Worcestershire and tabasco and whisk briefly to mix. Transfer to small ramekins and cover with a thin layer of clarified butter

Chill till ready to use or freeze to use later.